

# Goal Setting Worksheet I

## The Future – Where do you want to be?

1. In five years, what will your age be? \_\_\_\_\_
2. What is your current occupation/job title? \_\_\_\_\_
3. In five years, how do you expect your occupation/job title will change? \_\_\_\_\_  
\_\_\_\_\_
4. Name five specific responsibilities you have right now (either at work or at home) that keep you doing the things you are doing:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
5. In five years, how do you expect those responsibilities to change? Will they be greater or fewer? Will they be more or less stressful?  
\_\_\_\_\_  
\_\_\_\_\_
6. Of your experiences in the last five years, what were the ones that gave you the greatest sense of accomplishment?  
\_\_\_\_\_
7. Of your experiences in the last five years, what were the ones that gave you the greatest sense of pleasure?  
\_\_\_\_\_
8. Many of us would like to have the freedom to do what we want, when we want. What would you do if you had:  
One hour? \_\_\_\_\_  
One day? \_\_\_\_\_  
One week? \_\_\_\_\_  
One year? \_\_\_\_\_
9. If you were to receive a lifetime achievement award, for what would it be? \_\_\_\_\_  
\_\_\_\_\_
10. Visualize your life five years from now. What do you see when you look in the mirror? Who is with you? Where are you living? How do you enjoy spending your free time? Do you work? If so, what do you do? Do you ever think about five years ago?  
\_\_\_\_\_  
\_\_\_\_\_